



harpers
health & fitness

Harpers at Carnival Pool Leisure

Swimming pool timetable



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View this time table online
www.harpersfitness.co.uk
then click on our centre's home page

www.harpersfitness.co.uk

Main pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30	
MON		Early Morning Swim ▼●		Swim School		Schools		General Swim			Swim School		Family Splash ▼		Aquafit (45 mins)		Ladies Lifestyle ▼●	
		Swim 4 Fitness (1 lane only)		Lane Swimming ▼●														
TUES		Early Morning Swim ▼●			Aquafit ●	Aquafit ●	Schools	General Swim		50+ ▼●	General Swim		Swim School		Family Splash ▼†		Aquafit	Adults Only ▼●
		Swim 4 Fitness (1 lane only)																
WED		Early Morning Swim ▼●				50+ ▼●	Disability Swim ▼●		General Swim		Family Splash ▼		Swim School			Staff Training		Adults Only ▼●
		Swim 4 Fitness (1 lane only)																
THURS		Early Morning Swim ▼●			Aquafit ●	Aquafit ●*		General Swim		50+ ▼●	Family Splash ▼		Swim School				Adult swim lesson	Adults Only ▼●
		Swim 4 Fitness (1 lane only)																
FRI		Early Morning Swim ▼●			Lane Swimming ▼●			General Swim			Swim School		Swim School	Family Disability Swim ▼†		Family Splash ▼†		Adults Only ▼●
		Swim 4 Fitness (1 lane only)			Swim School													
SAT				Swim School						Family Splash (Inflatable Session 14.00 - 16.00)▼†		Pool Parties		Adults Only ▼●		Available for Private Hire		
SUN			Lane Swimming ▼●	Swim School						Family Splash (Inflatable Session 14.00 - 16.00)▼†				Adults Only ▼●		Staff Training		
			Swim 4 Fitness (1 lane only)	Family Splash														

Closed to public
 Bookable sessions
 Public swim

† Denotes Flume ▼ Denotes Jacuzzi & Spa
 ● Denotes Sauna * Low impact



Teaching pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
MON		Early Morning Swim ▼●		Swim School		Schools	Swim School		Family Swim □		Swim School			Family Splash ▼†	Swim School	Ladies Lifestyle ▼●	
TUES		Early Morning Swim ▼●		Swim School		Schools	Swim School		+05 ●▲	Swim School			Family Splash ▼†			Adults Only ▼●	
WED		Early Morning Swim ▼●		Swim School		Family Swim □	Swim School		Family Splash ▼		Swim School				Staff Training	Adults Only ▼●	
THURS		Early Morning Swim ▼●		Swim School					+05 ●▲	Family Splash ▼	Swim School			Adults Swim School			
FRI		Early Morning Swim ▼●		Family Swim □			Swim School		Family Splash ▼		Swim School		Family Disability Swim ▼†	Family Splash ▼	Adults Only ▼●		
SAT			Swim School					Family Splash ▼†			Pool Parties	Adults Only ▼●	Private Hire				
SUN			General Swim	Swim School		Family Splash ▼†								Adults Only ▼●		Staff Training	

Closed to public
 Bookable sessions
 Public swim

† Denotes Flume ▼ Denotes Jacuzzi & Spa
 ● Denotes Sauna □ Under 7's Only

Beach pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
MON	Closed to public			Swim School	Toddler Splash *		Swim School	Family Swim □		Swim School	Family Splash ▼†		Closed to public				
TUES	Closed to public			Swim School	Toddler Splash *		Swim School	Toddler Splash *		Swim School	Family Splash ▼†		Closed to public				
WED	Closed to public			Swim School	Toddler Splash *	Family Swim □	Swim School	Toddler Splash *	Family Splash ▼		Swim School	Closed to public					
THURS	Closed to public			Swim School	Toddler Splash				Family Splash ▼		Swim School	Closed to public					
FRI	Closed to public			Family Swim □			Swim School	Family Swim		Swim School	Family Disability Swim ▼†	Family Splash ▼	Closed to public				
SAT	Closed to public			Swim School				Family Splash			Pool Parties	Private Hire				Closed to public	
SUN	Closed to public			Family Splash ▼†										Closed to public			

Closed to public
 Bookable sessions
 Public swim

† Denotes Flume ▼ Denotes Jacuzzi & Spa
 ● Denotes Sauna □ Under 7's Only

Session Descriptions

50+ - this one is for the 50+ with the pools to yourself. A chance to swim at your own pace and a place to meet friends.

Adults Only - for our customers aged 18 and over a chance to swim in peace with low lights and good music. The sauna and spa pool all go to make this a relaxing evening.

Aquafit (16+) - a water based exercise programme to music suitable for all abilities and fitness levels. You do not need to be able to swim but should be reasonably confident in the water.

Aquanatal (16+) - a gentle exercise class in the water for pre and post natal ladies. We advise all ladies to check with their medical advisor before embarking on an exercise programme.

Disability Swim - a session specifically for swimmers with disabilities. As with all our swimming sessions, helpers go free when accompanying a registered disabled swimmer. Swimmers with disabilities are not just restricted to this session, they are welcome to attend any of our public sessions.

Early Morning Swim (18+) - be an early bird and make a splashing start to the day.

Family Splash - come on your own or bring the whole family to these exciting sessions. A lane is always available for those wishing to swim lengths. The flume is available only evenings and weekends (not monday evening).

Family Swim - it's never too early to help children enjoy the water, so why not come to this special session when the teaching pools are exclusively for your use. Please note this session is only suitable for children 7 years and under.

General Swim - swim away the stress and gear yourself up for the afternoon. We operate a lane system to let you swim lengths with ease. Children are welcome.

Ladies Lifestyle - come enjoy a relaxed swimming session in a ladies only environment, with the sauna and spa pools available for use.

Lane Swimming - a chance for a quiet morning dip without getting up at the crack of dawn. All ages are welcome. We operate a lane system to let you swim lengths with ease.

Private Hire - available for parties and community use.

Schools - National Curriculum swimming lessons.

Staff Training - part or all of the pool will be closed for lifeguard training.

Swim School - our adult and junior swimming lesson programme has been carefully designed to offer one of the highest levels of swimming teaching in this country. A copy of the Swim School prospectus is available from reception.

Swim 4 Fitness - A great session for using the pool to stay fit and healthy. A choice of session programmes are available should you wish to gain more from your swim. Choose from the following – Calm, Tone, Fitness or Performance. Session cards are available from the poolside Swim 4 Fitness stand. It is advisable to book this session at reception.

Toddler Splash - the beach area is available for the very young (age 3 and under). During this off peak session children under 3 are free.

Information

Admissions Policy

In the interest of safety one adult (person over the age of 18 years) may accompany a maximum of two children under the age of 8 years old in and around the pool at all times.

Lifeguards

Lifeguards are on poolside to ensure your safety and enjoyment, please listen to their advice and follow all instructions that are given throughout the duration of your visit. If you have a known medical condition that may affect you during your visit, please bring it to the attention of the lifeguard prior to participation.

Weak and non-swimmers

All weak and non-swimmers should observe the water depth and remain in shallow water at all times. Armbands and other floatation aids are available to purchase at the centre.

Poolside

The use of cameras is permitted only with the prior consent of the Duty Manager. Photographic equipment must not be used on the poolside. Outdoor shoes and push chairs are not permitted on poolside at any time.

Harpers at Carnival Pool Leisure

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**WOKINGHAM
BOROUGH COUNCIL**

Programme

Leisure Connection reserves the right to change the programme without prior notice, this will be in exceptional circumstances only. This programme was correct at the time of going to print.

Changing Village

Shoes are not permitted in the changing village, however blue over shoes are available at the entrance to the changing village.

A guide to safe swimming

Swimming can be great fun, but it can also be dangerous. Please read this guide carefully and observe these common sense rules at all times.

1. Never swim when under the effects of alcohol or after a heavy meal. Avoid holding your breath and swimming long distances under water.
2. In the interests of safety there is a 'No Diving' policy in the pools.
3. Unruly behaviour in and around the pool is strictly forbidden. Running, ducking, bombing and aerobatics are not allowed. Shouting and screaming could distract attention in an emergency.
4. It is safer to swim with a companion. Keep an eye open for other swimmers and be particularly careful around children and non swimmers. If you someone in difficulty get help from our lifeguards immediately.

